We are committed to the primary goal of meeting the mental wellness needs of all undergraduate, graduate, and professional students, including individuals of diverse racial, ethnic and national backgrounds, sexual/affectional orientations, gender identities, physical and mental abilities, languages, ages, religious/spiritual beliefs, and socioeconomic backgrounds.

The Office of Counseling and Psychological Services (CAPS) at UNO and UNMC, acting in support of institutional missions and values, is committed to ongoing excellence in service, training, and assessment.

CAPS provides a full range of psychological and counseling services, including: personal counseling, crisis intervention and postvention, support groups, outreach programming, and career and therapeutic psychological assessment.

Our staff engages in evaluation activities that focus on counseling processes and outcomes and the continuous evaluation and development of all CAPS services and programs.

The University of Nebraska does not discriminate based on race, color, ethnicity, national origin, sex, pregnancy, sexual orientation, gender identity, religion, disability, age, genetic information, veteran status, marital status, and/or political affiliation in its programs, activities, or employment.
WE ARE HERE FOR YOU

The CAPS team understands the complexities of undergraduate, graduate, and professional student life and offers an open, safe, and confidential environment to help students through issues that may interfere with their development, well-being, and academic success. Our no-cost mental health counseling services include individual, couple/partner, group counseling, outreach programming, and stress management. We also offer 24/7 crisis services. Referrals for psychiatry services are available for medication management.

ACCESS TO COUNSELING SERVICES

All enrolled UNO students and UNMC students from all five campuses are eligible for an initial assessment and individual counseling services at no charge. Students have access to professional counselors who will work to assess their individual needs and determine the best therapeutic approach for their mental wellness. Counseling needs may change over time, and students will continue to have access to mental health support throughout their academic journey.

CONFIDENTIALITY & PRIVACY

Information shared by you in counseling sessions is confidential and is protected to the full extent of the law. Information will not be disclosed to anyone outside CAPS without your written permission except when, in the judgment of your counselor, such disclosure is necessary to protect you or someone else from imminent danger or when otherwise required by law.

SUICIDE PREVENTION

CAPS promotes positive mental health among students and prevents suicide through collaborative, campus-wide efforts to strengthen practices and policies relating to suicide prevention. Mental health services help reduce the stigma surrounding mental health issues by promoting help-seeking behaviors and providing education to the UNMC and UNO communities about suicide prevention.

FREE & CONFIDENTIAL

Counseling services remain free and records remain confidential for students and residents. With the exception of fees for court-involved substance use evaluations and counseling.

MENTAL HEALTH EMERGENCIES

For a life-threatening mental health emergency, call 911 or go to the nearest hospital emergency department.

ONLINE MENTAL HEALTH SCREENING

UNMC students and residents can access a confidential screening for depression, anxiety, substance use disorders, and other common mental health concerns by clicking the Counseling button via the UNMC app.*

CRISIS SERVICES

DURING REGULAR OFFICE HOURS
Call 402.559.7276 to speak to a licensed mental health counselor.

OUTSIDE REGULAR OFFICE HOURS
Call 402.559.7276 and press 2 to speak to a licensed crisis counselor.

UNIVERSITY OF NEBRASKA MEDICAL CENTER

ONLINE MENTAL HEALTH SCREENING

UNO students can access a confidential screening for depression, anxiety, substance use disorders, and other common mental health concerns by using the UNOmaha app. Select the Mental Health Screening located in the left side menu.*

CRISIS SERVICES

DURING REGULAR OFFICE HOURS
Call 402.554.2409 to speak to a licensed mental health counselor.

OUTSIDE REGULAR OFFICE HOURS
Call 402.554.2409 and press 2 to speak to a licensed crisis counselor.

*While evidence-based, the tool is for informational and educational purposes only and is not intended to constitute medical advice or be a substitute for professional diagnosis and treatment.